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## PEAT BATHS

Dear Editor: Some readers may be interested in hearing of the peat bath treatment given to a friend of mine at the Harrogate "Hydro" in Yorkshire, England. This patient was a girl eighteen years old, who had suffered severely since her menstrual periods started. She had undergone three small operations without getting much relief and found her general health growing poor in consequence. Her mother arranged for a consultation with a celebrated gynecologist in London, who advised the peat bath treatment. Fortunately, the family was in comfortable circumstances, as the treatment is expensive. The treatment prescribed for this patient was four baths a week, two glasses of mineral water drunk twice daily through straws to prevent discoloration of the teeth, plenty of fresh air, and sleep. The building where the baths were given is a large one, well equipped with baths and showers. The tubs are long and wide, about seven feet by four feet, and are sunk a little below the level of the floor. The tub is half filled with water, one hundred degrees Fahrenheit and kept at this temperature. About six pounds of dried peat is added to the water. The peat is collected from bogs in Yorkshire, dried and prepared for these medicinal baths. Each patient has a private room and a special nurse. A trained nurse supervises the baths. A patient is left in the bath for one hour unless she shows signs of exhaustion. A careful record of each patient's weight is kept. These baths have become famous for the aid they give in dysmenorrhea. My friend found that her weight increased, her general health improved, and her periods were much less painful. She was soon able to return to her home and to resume her studies. She has since married and has three sturdy children.

Massachusetts

A. H.

## A PLEA FOR SHORTER HOURS

Dear Editor: Every training school in this country should have an eight-hour day for nurses. It is the only right thing. Of course, it can be managed. Is it not already being managed in schools where the standard is being raised? In this age, when we are all living under such tension, no human being can work longer than eight hours and keep physically and mentally fit. It is not so much of a question of more nurses and more money, as it is a question of shifting of schedules. There are several ways of doing this. Perhaps the best way is to have two day shifts, changing each week. One shift can be from 8 a. m. to 3 p. m., and one from 3 p. m. to 10 p. m. The night shift, for one month only, can be from 10 p. m. to 8 a. m. By this plan the work is done more efficiently, the nurses are satisfied and the spirit is right. I have seen this schedule used in several places and the comparison between it and the old way is unbelievable. If the nursing standard is to be kept high, the spirit of coöperation will have to prevail in the training schools, and the niggardly fear and the petty discipline will have to disappear. As for private duty, it is all very well to speak of the wonderful sacrifice a nurse makes, and I'm sure we all wish to make sacrifices, but what if this sacrifice starves body and soul? As it is, that is exactly what is happening. If the nursing world wishes able-bodied, forward thinking, progressive women in its ranks, it must protect them and give them a chance to live,—not just to exist. It is true that Florence Nightingale was a shining candle in the profession, but who will be the Tungsten burner?

New Jersey

J. T.